

## ABSTRACT OF THE DISCLOSURE

A radiant, infrared heat sauna with full spectrum, Neodymium or similar lighting. The sauna is portable and can be plugged in to run on standard household current. Radiant heating elements in the walls of the sauna emit infrared rays directly into a person's body, creating penetrating heat thus producing sweat and an overall warming sensation, as well as the provided overhead, adjustable full spectrum lighting which creates a sensation of sunlight on the body. At least one embodiment of the invention includes full spectrum lighting on the walls of the sauna. Embodiments of the invention can also include sound systems, video systems, and aromatherapy devices. The combination of the infrared heating and the full spectrum lighting comes close to recreating the feeling of warmth and well being of enjoying time in the sun, without the harmful UV rays.